

BORONNDARA

Bicycle Users Group

Rides Supplement August 2012

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

RIDING IN COMPANY PROGRAM

Bike Ride in Company - Monday

Enjoy riding with other bike enthusiasts on different rides each week. Mondays, 8.30am-1pm. Free with SHNC Membership.

Bike Ride in Company - Wednesday

Enjoy riding with other bike enthusiasts on different rides each week. Wednesdays, 8.30am-1pm. Free with SHNC Membership.

Bike Ride - Women on Wheels on Wednesday

A group that supports women to regain bike riding confidence and skills in a supportive environment. Wednesdays, 9am-12pm. Free with SHNC Membership.

Welcome! We ride every week on Mondays and Wednesdays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria www.bv.com.au and explore insurance options or join RACV Bike Assist Membership www.racv.com.au

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: info@surreyhillshillnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: *Café Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2012

We ride 4 Wednesdays each month.

The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50- 60km).

We generally meet at 10am at the 'Place to meet'. Southbank means at the footbridge opposite Flinders St. station. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

If the temperature is 30°C or above on the day, the long rides will be cut short.

If a ride is to be altered from the published program including cancelling the ride, you will be notified by e-mail just before 8pm the night before. Please check your e-mail on Tuesday evening after 8pm.

Please contact Janet Bennett by e-mail jfbpgb@bigpond.com or on 9853 9808 to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

| Date | Place to meet | Description | Grade |
|------------|--|---|------------------------------------|
| Aug 1st | South Bank | Short ride | Easy |
| Aug 8th | South Bank | Southbank via the Capitol City trail / Mooney Ponds creek up steps to Macaulay rd. to Kensington for coffee. Via the Stockman's way, onto the Maribyrnong River trail for lunch at Aberfeldie Park and return via the Maribyrnong River trail to city. | Easy 50km. |
| Aug 15th | South Bank | Short ride | Easy |
| Aug 22nd | South Bank | From Southbank to Dandenong station, along the Main Yarra trail, Gardiners Creek trail, Oakleigh rail trail, Westall road, Springvale rd., Cheltenham rd., and the Eastlink trail to Dandenong station. Alan to lead | Easy 60km. |
| Aug 29th | No ride | | |
| Sep 5th | South Bank | Short ride | Easy |
| Sep 12th | Fairfield Station on Hurstbridge line. | Fairfield to Mordialloc. Anniversary & Oakleigh Rail trails, Westall & Springvale/Edithvale roads. Ed to lead. | Flat. Road bike friendly. 50 km. |
| Sep 19th | South Bank | Short ride | Easy |
| Sep 26th | South Bank | To Craigieburn and return – Merri creek and Hume (Galada Tamboores) trails out and Broadmeadows Valley, Greenvale Park and Moonee Ponds creek trails on the return. Jacana station is a bailout. | Medium 80km |
| Oct 3rd | South Bank | Short ride | Easy |
| Oct 10th | South Bank | <i>Woodlands Park ride</i> – Moonee Ponds trail to the Historic Homestead and return to the city. There will be the option of riding back from Bakery at Westmeadows and avoiding the gravel. Lunch will be at the bakery and you not bring your own but eat there. Jacana is a bailout also. | Hard Hill to Jacana station. 60km. |
| Oct 17th | South Bank | Short ride | Easy |
| Oct 24th | Glen Waverley Station | Glen Waverley station to Jells Park onto Eastlink trail to Koonung Creek trail to Main Yarra trail to return to city. Alan to lead. | Hard 60km., With some hills. |
| Oct 31st * | No ride | | |
| Nov 7th * | South Bank | Short ride | Easy |
| Nov 14th | Flinders St station for 9.40 train to Watergardens | Ride Melton Hwy (bike lane) then turn south and follow good concrete trail to central Caroline Springs (coffee). CS Boulevard to meet Deer Park bypass at | Easy. ~50 km |

| | | | |
|----------|-------------------------------|--|---------------------------|
| | (Sydenham line) | Christies Rd. Bypass, Ring Rd, Fed. Trails and streets into Newport. Bay Trail back to city. Les to lead | |
| Nov 21st | South Bank | Short ride (Goulburn River High Country Rail trail trip of 4-5 days to be organised for this week – details to be finalised) | Easy |
| Nov 28th | Box Hill station MEL 47 D9 | <i>Northeast loop</i> – Streets & Trails to Ruffey Lake, Finns Res., Plenty River, Kalparrin Gardens, Greswell, Mt Cooper, Bundoora Park, and Darebin Creek, ending at Alphington station. Les to lead | Medium –some hills~45 km. |
| Dec 5th | South Bank | Short ride | Easy |
| Dec 12th | South Bank | Capitol City trail to Kensington for coffee then continue across to the Maribyrnong river trail and the Bay West trail to Altona and return via Footscray rd. | Easy~ 50km. |
| Dec 19th | South Bank | Christmas lunch ride to be finalised later. The ride to it will be ~ 25 to 30 km | Easy |

* When Janet will be away

Whitehorse Cyclists Inc

Last updated 15 July 2012.

Note: Member-only interstate, overseas and regional rides are not listed here. Members receive full details of all rides, meetings and events in their monthly newsletter. Phone the contact person to find the meeting venue and any other information.

| Date | Destination | Description | Distance and grade | Leader Contact |
|--|-------------|-------------|--------------------|----------------|
| Rides for July and August 2012 [small pdf file 5 pages 190 kb] | | | | |
| Download Free Adobe Reader for reading pdf files. | | | | |
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WCI Typical Weekly Ride Profiles

EASY TUESDAYS: Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

MEDIUM TUESDAYS: Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

HARD TUESDAYS: Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

EASY THURSDAYS: Similar to Easy Tuesday rides. 30-35km Fortnightly.

MEDIUM THURSDAYS: Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch.

MEDIUM SUNDAYS: Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities

Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (Melway Map 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Introductory/beginner ride options are available 8:55am Sundays. For more details contact Leigh J. 9432 9720 or Les B. 9435 0615. Note: rides may be varied to suit conditions.

NightRide: Every Wednesday 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group every Tuesday and Friday 9:30am (10:00am in winter) – relaxed pace with break for coffee/snack/chat. See program and details at <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday 9.00am. BYO morning tea.

BANYULE BICYCLE USER GROUP

Rides start at Warringal Park (Melway Map 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. For more details contact Leigh J. 9432 9720 or Les B. 9435 0615. Note: rides may be varied to suit conditions.

Introductory/beginner: ride options are available 8:55am Sundays.

NightRide: Wednesdays 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights - 20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group Tuesdays and Fridays (9:30am) (10:00am in winter) – relaxed pace with break for coffee/snack/chat. See program and details at <http://www.vicnet.net.au/~banylbug>.

HarderRide: Tuesdays and Sundays 9:00am. Friday monthly (80+km) 7:30am. BYO morning tea.

Program below.

| <i>August</i> | <i>Ride/Event</i> | <i>Description</i> | <i>Leader</i> |
|---------------|---|---|----------------------|
| Sun 5 | <i>Valley Reserve</i> 45 km MAP | Anniversary Trail (some H1 and 1 x H2) to Alamein, then follow rail to Mt. Waverley (long H1) and Reserve for break. Return by Alvie Rd, Damper Ck Res., Swayfield Rd, Chain Res. Trail to Gardiners Ck Trail at Bennetswood. Then through Box Hill to Bushy Ck and Koonung Trails. | Graeme W/ 9435 6887 |
| Tue 7 | <i>Epping/Wollert</i> 60 km MAP | Out through Rivergum trail & Watsonia to Plenty Rd & Mill Park streets to Darebin Ck at Epping. Hayston Bvd to Aurora Estate for break. Harvest Home Rd (1.5km unsealed) to Hume Fwy & return by Ring Rd Trail. | Alan P/ 9435 9421 |
| Tue 7 | Annual General Meeting – Watsonia Library – 7:30pm | | |
| Sun 12 | <i>Surry Park Box Hill</i> 35 km MAP | Out by Macleay Park, Becket Park, Mont Albert Streets to Surry Park. Rest Home by Gawler Chain Park and Koonung Creek Trail. (Some gravel paths and a Short H2). | Richard B/ 9459 8648 |
| Tue 14 | <i>Middle Maribyrnong</i> 60 km MAP | Capital City Trail, Moonee Ponds Ck Trail and streets to Maribyrnong River. Up river to Canning St Reserve for break (switchback H2 both ways but great view). Return by streets (H2 from river valley) through Moonee Ponds, Brunswick, Thornbury. | Les D/ 9459 2701 |
| Fri 17 | <i>Western Ring Rd</i> 100 km 7:30am start | Out by Macleod, Bundoora streets to Western Ring Rd. Follow ring Rd trail to Federation trail. Miller St to Altona. (Home via Williamstown, CCT and MYT. MAP | Allen P/ 9457 1694 |
| Sun 19 | <i>Boeing Reserve</i> 53 km MAP | Out by Darebin Ck Trail (H2 to Waiora Rd), Cheddar Rd path, Ring Rd, Moonee Ponds Ck Trail to break at Boeing Res. Continue down creek, then Pascoe Vale streets to Merri Ck Trail, Thornbury streets. | Richard B/ 9459 8648 |

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|--------|---|--|--------------------------|
| Tue 21 | <i>Ringwood Lake</i> 45 km MAP | Koonung Trail to Eastlink (some H3), Ringwood exit to Ringwood Lake for break. Then Lena Gv following railway to Dandenong Ck Trail to Eastlink and Mitcham streets to Koonung Trail home. | Robert R/ 9439 1078 |
| Sun 26 | <i>Currawong Park</i> 35 km. MAP | Out and back via Westerfolds & Mullum Trail. Short H3 into Currawong Park. Careful on short piece of road. | John G/ 9439 3884 |
| Tue 28 | <i>Point Cook</i> 74 km | Capital City Trail to South Kensington station (coin-only machine). Train to Altona (Zone 1). Ride Coastal Trail, Altona Meadows/Sanctuary Lakes streets & trails to the Coastal Park for lunch. Return by same route. | Maurie A/ 0409 106082 |

September 2012

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|--------|---|---|----------------------|
| Sun 2 | <i>Edwardes Lake</i> 37 km MAP | Out by Darebin Creek Trail and Reservoir Streets. Return by Ring Road, Greensborough and Plenty River Trail (a few H1). | Lou B/ 9459 6887 |
| Tue 4 | <i>Knox City Circuit</i> 70 km MAP | Anniversary Trail to Canterbury station (12 km). Train to Heatherdale. Follow Eastlink Trail to High Street Rd. Then Blind Ck Trail to Belgrave Rail Trail at Boronia. Train from here or Bayswater (at ~30 km) back to Canterbury, or bike all way home via Dandenong Ck & Koonung Trails (long H1 to Mitcham high point). | Allen P/ 9457 1694 |
| Sun 9 | <i>Richmond</i> ~50 km | Yarra Trail to Fairfield and Victoria Park then streets south to Lennox St. Break at Burnley. Yarra trail home. | Richard B/ 9459 8648 |
| Tue 11 | <i>Yarra Bend</i> 40 km MAP | Streets west to Merri Ck (1 x H2). Down the Trail to break at Studley Park. Return by Boulevard (some H1) and Yarra Trail. | Robert R/ 9439 1078 |
| Tue 11 | Combined Dinner – Moon & Spoon Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill - 6:30pm | | |
| Sun 16 | <i>Riders' choice</i> | Rider who suggests is leader, otherwise by agreement | |
| Tue 18 | <i>Riders' choice</i> | Rider who suggests is leader, otherwise by agreement | |
| Fri 21 | <i>Berwick</i> 115 km 7:30am start MAP | Out by Ringwood, Heathmont, Stud Rd. Churchill Park, Ernst Wanke Rd. path. Home by Princess Hwy path, Dandenong Creek and Eastlink path. | Allen P/ 9457 1694 |
| Sun 23 | <i>Royal Park</i> 35 km. MAP | Out through Wilson Res, Capital City Trail. Return by Upfield trail to Coburg, streets, Merri Ck, and streets to W. Heidelberg. | Lou B/ 9459 6887 |
| Tue 25 | <i>Dandenong</i> 70 km MAP | Koonung Trail (final long climb to the Mitcham high point), streets, Dandenong Creek Trail (flat) to Dandenong. Breaks at Jells Park and Dandenong. Train (Zone 2 ticket) to Hughesdale and ride Anniversary Trail home. | Alan P/ 9435 9421 |
| Sun 30 | <i>Lilydale</i> ~50 km MAP | Anniversary Trail to Canterbury station. Train to Lilydale. Mainly streets route past Lilydale Lake, Mooroolbark, Croydon, East Ringwood stations, then to Ringwood Lake and Mullum-Mullum, Eastlink and Koonung Trails home. | Graeme W/ 9435 6887 |

Manningham BUG

Manningham Bicycle Users Group is a group of cyclists who organise rides, campaign for improved facilities for cyclists and generally promote cycling in the area.

We welcome people of all ages and fitness levels, single people, parents, children, and grandparents. We just enjoy the pleasure of cycling, taking in the surrounding views and cafes.

The BUG is not a competitive club, it is a means for cyclists to get together to share their interest. We have social rides most weekends, around Melbourne, some long, some short. Occasionally we have a weekend away for a country ride.

We have a meeting on the third Monday of each month at 8p.m. at the Pancake Parlour at 550 Doncaster Rd.

August 2012 Ride calendar

Sat. 4th August

Westerfolds to Diamond Creek.

9.30am

Meet at Porter Street Car park. Mel: 33 F3

Contact Terry. 9848 6027

Sat. 11th August

‘Grace’s Surprise’

9.30am

Meet at Finn’s Reserve, Lower Templestowe. Mel: 33 B4

Contact Grace 0417 522 238 or 9846 1357

Sat. 18th August

Vermont to Upper Ferntree Gully.

9.30am

Meet at Abbey Walk, Vermont. Mel: 63 D3

Contact Bernard. 9878 6640

Fri 24th – 26th August

Weekend @ Portarlington

A circuit to Queenscliff then along part of the rail trail and back.

Fiona is open to suggestions for the ride

BUT you must contact Fiona NOW if you intend going.

Contact Fiona for details 0421 194 698

Darebin BUG

Weekday Rides

Darebin BUG runs two weekday rides of up to 60km on Tuesdays and Thursdays. These are designed for riders who are reasonably fit and have some riding experience. Information about the destination and distance of upcoming weekday rides can be seen on the Darebin BUG Rides Calendar. These rides usually leave from Jika Jika Community Centre, corner of Plant and Union streets, Northcote, at 9.30am.

Contact Norm on 9484 4767 to confirm the start time and location, or if you are uncertain if the ride is suitable for you.

Weekend Rides for Beginners

Families on Bikes (FOB)

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome! Want to ride for fun, exercise and to socialise? Join us on one of our easy rides designed especially for little kids, to one of Melbourne's many child-friendly destinations. Our motto is: No one's too slow; we're always happy to stop for a rest, play, snack, breastfeed or 'til a tantrum is over. Rides take place regularly and generally meet at a Northcote location, though you're always welcome to join us en route. Contact Kathy on 9489 4275, 0410 667 634 or kbrunning@optusnet.com.au.

Saturday Port Melbourne Rides

Weekly rides for those looking for longer, easy rides. Depart from the carpark of Rushall Station, North Fitzroy, at 9.30am and ride to Port Melbourne and back along bike paths, about 20km.

Contact David on 9870 1084

Weekend Rides for Experienced Riders

Saturday Training Rides

Various rides leaving the Jika Jika Community Centre, corner Plant and Union streets, Northcote, near Westgarth train station, at 9am sharp for four hours maximum (back in time for lunch) for experienced riders. There are different destinations each month, with rides going up to 60km and averaging 20-25kmh.

Contact Yannick on 0438 785 450 or yannickvergou@hotmail.com

Sunday Excursions

DBUG runs monthly rides to various destinations, often with a food or wine element. We might be heading to the beach, the RAAF Museum, the Donnybrook Cheese Factory, or just exploring Melbourne's bike path network, with distances of up to 60km. Contact the rides coordinator at rides@darebinbug.org.au.

Extended trips

The group runs regular weekends away, usually centred around long weekends such as Easter. Contact rides coordinator Wolter Kuiper on 0404228382 or rides@darebinbug.org.au for details on these rides.

The Rides Committee is looking for people who are interested in arranging and leading a ride, undertaking ride leader training or in gaining leadership experience by co-leading a ride. Contact the rides coordinator at rides@darebinbug.org.au

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this does not cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

Last Updated on Thursday, 03 March 2011 04:18

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

MooneeBUG

Every Tuesday Night: Join the Tuesday night regulars for the “Cappuccino run” from 6.15pm. Meet at the Afton St Footbridge. More details by calling Laura, AH 9337 9839 or BH 9823 1540.

Friday Bike Rides: The Cross Keys Cruisers meet at Cross Keys Hotel car park in Essendon at 9am every Friday the destination is decided on Friday mornings. The majority of riders are 50+ years old and male but anyone can join in. For further details please contact John 9370 7829 or Max 9378 3501

Melbourne Bicycle Touring Club

Rides Calendar at <http://www.mbtc.org.au/club/ride-calendar>

For information on rides, please contact the Touring Secretary, John Hughes 0402 463 655, or at rides@mbtc.org.au.

About the Ride Gradients Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>